

## Entertainment

Jill Barber's back in town

pg 12



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HALIFAX • TUESDAY, OCTOBER 28, 2008 metronews.ca

## Sports

pg 9

MacMillan out for two to four weeks



## Burnside inmate attacks prisoner

**CHARGES** A female inmate attacked a fellow prisoner and held a pencil to her neck at the Burnside Correctional Centre Saturday afternoon.

The woman began making demands but guards eventually subdued her. The victim was treated for minor injuries on site. The attacker now faces charges including assault with a weapon.

METRO HALIFAX

World pg 7

## Hudson's nephew found dead

Health pg 10



## Building the Bond bod

Entertainment pg 14



## Pink forecasts clarity with 30

Smart Cookies pg 8

## Plan holiday gift giving

ShareYourViews

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Stephen Cook shows how he uses his stove to heat his apartment yesterday. Cook, who is on social assistance, doesn't qualify for the Heating Assistance Rebate Program because he uses too little electricity.

# Rebate program capped

Must use minimum 10,000 kW-h of energy a year to qualify

PAUL MCLEOD  
paul.mcleod@metronews.ca

**Stephen Cook can't afford his power bill, so he uses less electricity. Now he can't get into a government program to help him — because he doesn't use enough.**

Cook is on social assistance, and between food and medication for diabetes and HIV he can't afford to pay his power bills. He tries everything to cut back, even using his stove to heat his tiny Charles Street apartment.

"I turn on the two big burners for ten minutes and boom, my apartment is nice and warm," he said. "That's the way I do it until I have to turn on the electric heat."

Still, with electric heating his bills reach over \$400 in the winter. He applied for the province's Heating Assistance Rebate Program, which helps people with low income to pay their bills. But he was rejected because he doesn't use enough electricity.

The problem is, the program is only supposed to help people pay their heat-

## Program limits

• Muir said he didn't see a problem with a minimum cap on the program. He said all programs have limits and the minimum level was necessary. "If you give money to a charity you get a tax credit. And [it's like saying] I can't give money to a charity, but I should get a tax credit anyway."

ing bill. But you can't tell how much electricity is going to heat and how much is going to things like fridges and electronics.

The province estimates the average home uses 10,000 kilowatt hours of energy every year on things other than heat. Everything above and beyond that is factored into the rebate.

Because Cook has cut back so much on his energy use, he now only uses about 7,000 kilowatt hours every year and doesn't qualify for the program.

"If he's able to keep his costs below that, I congratulate him," said Service Nova Scotia Minister Jamie Muir. "He's setting an example for others."

## Lunch crunch for monitors still being felt

LINDSAY JONES  
lindsay.jones@metronews.ca

**EDUCATION** The Halifax Regional School Board has managed to recruit more lunch monitors with signing bonuses, but more people are still needed.

The board recently recruited about 45 additional lunch monitors since advertising the \$50 incentive to new hires and employees who recruit a lunch monitor.

But there are still about 90 students on waiting lists at Bedford South, Grosvenor-Wentworth Park Elementary, Springvale Elementary, St. Catherine's Elementary and St. Stephen's Elementary.

The bonus program, however, is no longer being offered, though the board is considering re-offering it next September when even more of a lunch crunch is expected.

Education Minister Karen Casey has promised to introduce legislation this fall to make lunchtime supervision free and universally available in 2009-10.

This year's lunch crunch came with new rules passed by one-man school board Howard Windsor.

The rule bans the board from making profit from the lunch supervision fees and charging them to French immersion or out-of-area students. Now only walking students have to pay the \$200 fee if they want to stay for lunch.

## Pay

• Lunch monitors earn \$10.59 per hour plus vacation pay, and may also work part-time.

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# Local



## Should have been a plumber

Over a million people worked in the skilled trades in 2007, and their numbers have been going up about 2.2 per cent per year since the early 1990s. Alberta accounted for 15 per cent of all trades work in 2007. Ontario had 36 per cent, down from 41 per cent in 1987. **METRO HALIFAX**



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WHAT'S ONLINE TODAY

**Read** Allan Small on what to expect as U.S. bailout money enters the market at [metronews.ca/live](http://metronews.ca/live)  
**Watch** as an inquiry into botched cancer tests sets its sights on N.L. premier Danny Williams at [metronews.ca/canada](http://metronews.ca/canada) and see Jewish war orphans reunite to reminisce at [metronews.ca/world](http://metronews.ca/world)  
**Play** online Sudoku!

### News in brief

**TOURISM** Those responsible for the Cobequid Interpretation Centre are making a plea to the public to help keep the building's doors open. The complex serves both as an interpretive centre and unofficial tourist bureau. Due to repair work done last year, coupled with fewer tourists visiting, it is unknown if the doors to the unique building will open at all for next tourist season. The centre adjoins a restored Second World War Cobequid Bay lookout tower. **TRURO DAILY NEWS**

## Ontario plans to follow N.S. with driver cellphone ban

JENNIFER TAPLIN  
[jennifer.taplin@metronews.ca](mailto:jennifer.taplin@metronews.ca)

**Ontario may follow Nova Scotia and ban drivers from using cellphones.**

Nova Scotia's ban on driver cellphone use took effect in April. Between April and Oct. 10, 559 tickets were handed out in the HRM.

Patricia Jareige, spokeswoman for the Department of Transportation, said it's encouraging that another province is following suit. Newfoundland was the first to ban drivers from using cellphones in 2002 and Nova Scotia and Quebec recently passed their own laws. Over 50 countries have banned the use of cell-



A woman speaks on a cellphone in her car before the practice was banned in Nova Scotia in April.

phones while driving.

"I feel it's an important step to take in road safety, and it shows we're headed in the right direction as a country," Jareige said.

But Ontario Premier Dalton McGuinty said he doesn't feel banning cellphones

goes far enough.

"I know what they've done in other provinces and other states: They've just dealt with one item, the cellphone," McGuinty told Torstar News Service.

But Ontario police say drivers tapping addresses

into a car's GPS system or e-mailing on a BlackBerry have big distractions, too, McGuinty said.

Halifax Regional Police spokesman Const. Jeff Carr said texting on a phone counts in Nova Scotia.

The fine for talking on a hand-held cellphone while driving is \$164.50 for the first offence.

"I don't think there's anyone out there who doesn't realize now it is against the law, because it has certainly received its share of publicity," Carr said.

So far it's going well, said Jareige, but the transportation department hasn't yet analyzed the results of the ban.

WITH FILES FROM  
**TORSTAR NEWS SERVICE**

## Students dismissed after suspicious fire breaks out

**FIRE** Eastern Passage Education Centre staff are investigating a suspicious fire at the school yesterday.

A student noticed the fire in a garbage bin on the caretaker's trolley around noon and told staff, Halifax Regional School Board spokesman Doug Hadley said.

Halifax Regional Fire arrived at the school, but the principal had extinguished the fire.

"There is suspicion it was deliberately set, and so they're following up on conversations with students in trying to determine who set it," Hadley said.

"I believe they have cameras in the school, so they'll be looking at the cameras to see if they can find anything out."

The students were evacuated and dismissed for the rest of the day due to heavy smoke inside the building.

The fire department is investigating. **METRO HALIFAX**

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**NOVA SCOTIA**



Retired Col. Pat Stogran visits the Four Points Sheraton yesterday. Stogran, Canada's veterans ombudsman, hosted a town hall meeting at the Fleet Club Atlantic.

## Help for 'walking wounded'

LINDSAY JONES  
[lindsay.jones@metronews.ca](mailto:lindsay.jones@metronews.ca)

Canada's veterans ombudsman was in Halifax yesterday to deliver a message about the "walking wounded."

"The concern is there will be walking wounded — victims of stress injuries who come home and don't realize there's help out there, or who, indeed, are injured to the degree where they're not capable of looking for the help," retired Col. Pat Stogran said yesterday.

"People very often talk about post-traumatic stress disorder, but that's only one part of the spec-

trum." Stogran's national Leave Nobody Behind campaign calls on families and comrades to help identify those who are suffering in silence. That can be anything from depression and anxiety to flashbacks, trouble sleeping, alcohol

abuse and addiction.

"Anybody that goes overseas and witnesses some of the things our so-called peace keepers have as well as our war fighters, they come back changed people," Stogran said.

For more information on the Office of the veterans ombudsman call 877-330-4343 or visit [www.ombudsman-veterans.gc.ca](http://www.ombudsman-veterans.gc.ca).

**"People very often talk about post-traumatic stress disorder, but that's only one part of the spectrum."**

Col. Pat Stogran



**Keep the tracks, group says**

The province shouldn't be looking into converting the Halifax south-end rail cut into a roadway for trucks, says the Ecology Action Centre. The centre says a daily rail shuttle could get trucks off downtown streets without building another road. **METRO HALIFAX**

# Halifax-based company trading on NYSE

JENNIFER TAPLIN  
jennifer.taplin@metronews.ca

**Gammon Gold executives rang the bell at the New York Stock Exchange yesterday, marking their entrance onto the Big Board.**

The Halifax-based gold and silver company began trading on the NYSE on Oct. 14.

They also traded on the Toronto Stock Exchange.

Director of investor re-

lations Anne Day said it was an amazing feeling to ring the opening bell.

"It was really overwhelming," she said.

"Only once in a lifetime, you get that opportunity."

Gammon Gold becomes the second Nova Scotian company — after the Bank of Nova Scotia — on the NYSE.

More eyes are watching the NYSE lately because of the global financial crunch, but Day said they don't regret their

**"Actually, the timing is exceptional because we were able to get a listing application approved prior to the current market situation and what a perfect time to see a significant increase of evaluations of share price."**

Anne Day, Gammon Gold

timing.

"Actually, the timing is exceptional because we were able to get a listing application approved prior to the current market

situation, and what a perfect time to see a significant increase of evaluations of share price."

Gammon Gold, under GRS, was trading at about

\$3.56 a share on the NYSE yesterday.

That's less than Day would like, but she said low is the norm these days, especially in the mining sector. But she's confident the market will correct itself.

There are a couple of big benefits of trading on a much bigger market, Day said.

"There's an increased liquidity as well as enhanced visibility," she said.

"Saying you trade on the New York Stock Exchange as opposed to another smaller stock exchange carries a great benefit."

Last year was a turbulent year for Gammon Gold. U.S.-based Midas Fund Inc. sued Gammon claiming they overstated production at a Mexican mine.

They settled the suit in August for \$200,000 US, but said it wasn't an admission of liability.

## Tenants needed to save buildings

The Heritage Trust of Nova Scotia is hoping to find tenants for several downtown buildings it wants to save from the wrecking ball.

"We just want to assure the future of these buildings," Heritage Trust president Phil Pacey said. "We feel that they can be assured again if tenants can be found for the space."

The Heritage Trust has led the fight against a developer's bid to restore the facades of the six buildings and put a six-storey glass tower on top of the existing buildings at the corner of Duke, Hollis and Upper Water streets.

In a tie vote last week, city council rejected staff's recommendation in favour of Armour Group's Water-

side Centre.

Armour Group chairman Ben McCrea, who developed Founders Square in Historic Properties, has indicated he has no choice but to tear the buildings down.

**"We just want to assure the future of these buildings."**

Phil Pacey, president Heritage Trust

A few of the buildings have remained empty since Nova Scotia College of Art and Design's long-term lease

ended.

Pacey said he's confident a financially viable solution will be found.

"People all over the globe have found that you can repair heritage buildings for less money than it takes to build a new building of the same size," he said.

Pacey asked anyone who's interested in renting the space to call the group at 423-4807.

LINDSAY JONES/METRO HALIFAX

## Meet Preparing to race



Students from Bayview Education Centre in Port Hood warm up in the rain prior to the provincial cross-country meet at the Garrison Grounds yesterday. Today's forecast calls for more rain with a high of 16 C.

## Listeriosis strikes again

**RECALL** The Canadian Food Inspection Agency has recalled sandwiches and roast beef sold in Nova Scotia and New Brunswick because they may contain the deadly listeriosis bacteria.

Some of the recalled products were sold at R&D Retail Meats, formerly Chris Brothers, on Main Street in Dartmouth. Others were sold at Mainline Market in Bridgewater.

Recalled from the Dartmouth store were fresh-made sandwiches and clerk-served sliced roast beef sold between Oct. 7 and Oct. 24.

For more information, visit <http://www.inspection.gc.ca/english/toce.shtml>.

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Dalhousie University psychology professor Dr. Penny Corkum has won an award from the IWK Health Centre for outstanding practice in clinical psychology. Corkum specializes in children's sleep and ADHD, and does research into children's sleep troubles. **METRO HALIFAX**

# Man killed in crash

## Sports car loses control, hit by tractor trailer

**One man is dead following a collision with a tractor trailer early yesterday on Highway 104.**

The man was driving his small convertible sports car westbound at approximately 6:30 a.m. when it appears he lost control around kilometre marker 22, just outside Springhill. The vehicle spun into the path of several tractor trailers travelling in the same direction.

At least one of the drivers was able to get around the vehicle; however, the car was struck on the driver's side by another truck, subsequently leaving the highway.

It was raining heavily at the time.

The driver of the tractor trailer was transported to the Cumberland Regional Health Care Centre, where he was treated for non life-threatening injuries.

The deceased's identity has not been confirmed as of yet, and as a result, notification of next of kin has



A man is dead after colliding with a tractor trailer around 6:30 a.m. yesterday on Highway 104 just outside Springhill. The driver lost control of his convertible sports car and spun into the tractor trailer travelling in the same direction. His name has yet to be released.

not been completed.

The accident closed a portion of the highway for

approximately three hours this morning.

Cumberland District

RCMP and RCMP Traffic Services are continuing an investigation. **METRO HALIFAX**

## CBU to be first school to host wind power

**SYDNEY** Cape Breton University's board of governors voted unanimously Friday to form a partnership with a local wind-energy firm to become the first university in Canada to have a wind turbine located on campus.

Earlier this month, the Cape Breton Post was the first to report the university's plans with Cape Breton

Explorations Ltd. when its chief financial officer, Luciano Lisi, spoke about discussions between his company and CBU during a presentation to members of the Sydney and Area Chamber of Commerce on Oct. 1.

The \$1.7-million project will position CBU as a national leader in developing a sustainable campus environment, said Gordon MacInnis, vice-president of finance and operations at the university.

"This reflects an oppor-

tunity for CBU to rationalize its energy costs while also identifying the institution as a leader in the emerging field of alternative energy," MacInnis said.

He said the board's decision is also reflective of the desire from students, faculty and staff to see CBU become a greener campus.

CBU is also actively

engaged in establishing its Centre for Sustainability in Energy and the Environment. The 850-kilowatt turbine will be constructed at the rear of the campus with 100 per cent of the energy going directly to the university. It'll replace upwards of 30 per cent of the institution's total power consumption from Nova Scotia Power at a fixed cost for the duration of a 15-year agreement. Cape Breton Explorations will be responsible for installing the turbine. **METRO HALIFAX**

### Schedule

- The wind turbine has been ordered and is scheduled for delivery and installation by the fall of 2009.

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**Nazi collaborator loses Canadian citizenship**

A Canadian judge refused yesterday to review an order revoking the citizenship of Helmut Oberlander, a man who lied when he moved to Canada about working with a Nazi death squad in the Second World War. **REUTERS**

# Canada

**"This would be the worst time to change your finance minister."**

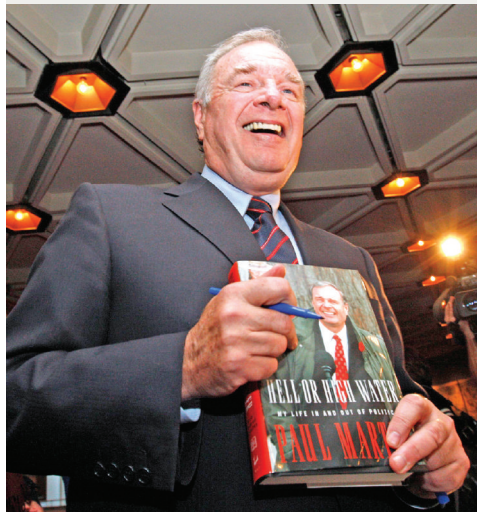
A senior Conservative staffer yesterday, speaking on condition of anonymity, about the new federal cabinet.



## Flaherty safe

Stephen Harper appears certain to keep Finance Minister Jim Flaherty, left, in his post as part of the new cabinet to help combat the financial crisis. **REUTERS**

### Ottawa A prime minister's story



Former prime minister Paul Martin laughs while holding a copy of his autobiography during an event to mark the release of his memoirs yesterday in Ottawa.

## Testing the waters

Manley mulls jumping into Liberal leadership pool

**Former Liberal cabinet minister John Manley says he is testing the waters to see whether he should run for the leadership of his party.**

"I'm not jumping off the diving board until I'm pretty sure there's some water in the pool," he told reporters at the Ottawa Chamber of Commerce yesterday morning.

The former minister of finance and foreign affairs said he has heard from people across the country who

would like him to throw his hat into the ring, but he said he has no strong desire to leave his life as a lawyer and replace outgoing leader Stéphane Dion.

"I'm not overwhelmed by ambition to do something else. I feel like I had a great 16 years in public life and did a lot of



John Manley

the best jobs in the government of Canada — except for the top one," he said. "So I'm giving it a pretty hard-nosed assessment."

He also said whether former New Brunswick premier Frank McKenna decides to enter the race would be a "factor" in making his own choice.

"That's a factor, if he makes a decision, but I have to make a decision for me," he said.

**TORSTAR NEWS SERVICE**

## Listeria toll may be higher than reported

**INVESTIGATION** The human toll of Canada's listeria outbreak may be larger than officials have reported, a Torstar News Service/CBC investigation has found.

Health authorities have confirmed 20 deaths linked to listeria-tainted Maple Leaf cold cuts. But a lack of testing in nursing homes and hospitals during the outbreak could mean many deaths were overlooked.

In one case, blood tests have been denied to nursing home residents even though one died of listeria and at least one other is sick.

**TORSTAR NEWS SERVICE**

### News in brief

**MISSING** Software giant Microsoft Corp. has matched a reward being offered in the search for Brandon Crisp, a missing Barrie, Ont., 15-year-old who ran away from home

after his parents took away his Xbox 360 video game console.

**POLITICS** Quebec Premier Jean Charest said yesterday he had not decided whether

to trigger an election. There has been speculation for weeks that Charest would try to capitalize on his party's lead in the polls.

**METRO NEWS SERVICES**

Watch as a N.L. inquiry into botched cancer tests sets its sights on Danny Williams at [metronews.ca/canada](http://metronews.ca/canada)

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# Comment & Views

## Comment

### Left, right, north, south

Barack Obama and Stephen Harper — How weird is that?

#### NationalReport



Lawrence Martin

This is bizarre. Americans are moving left. Canadians are moving right. It's almost always been the other way around. In fact, it's been 80 years since we've seen this. The only comparable time was when Franklin Roosevelt came to power after we elected arch-Tory R.B. Bennett.

That, too, was in a time of economic peril. Bennett didn't last long. FDR's liberalism soon spread across the border. A rising tide, they say, lifts all boats. It lifted our Liberal ones, sunk Bennett's. This

memory has probably intruded upon Stephen Harper's roomy cranium by now. There are those polls saying Canadians favour Democrat Barack Obama for the U.S. presidency by a margin of four to one! He's an American politician with a Canadian mindset. Or at least what has generally been considered a Canadian mindset. He's certainly no guns and God guy. He favours public health care, has a social conscience, prefers diplomacy to unilateralism. "I know that the hardening of the lines," he once wrote, "dooms us all."

A lot of Canadians are going to love this man, like they did FDR, in the way they were charmed

by JFK. He is an independent thinker, not transfixed by any ideological trappings, but internally strong. It seems he has followed F. Scott Fitzgerald's dictum: "Life is something that can be dominated — if you're any good."

I'm trying to imagine Stephen Harper paired with him. Our PM can handle himself intellectually with anyone, but the danger for him is that he will look soooo last century up against Barack Obama.

It's true that Harper has moderated some of his original hard-core conservative gospels. But he's still an old-alliance type on

foreign policy, he's still a foot-dragger on the environment and he's still more of a Milton Friedman disciple than a Keynesian. There are cycles of history. It's tough if you get caught up in the wrong one.

It's not just Harper who tilts against the new tide. There is other evidence of our rightward shift. Our population is moving West, the resource wealth is in the West, the Alberta influence gains strength, our media is more right-wing than ever. On the other hand, the fact that Harper didn't win a majority against a weak opponent tells you something. So does our overwhelming lean toward Obama.

Franklin Roosevelt became more popular here than R.B. Bennett. John F. Kennedy became more popular than John George Diefenbaker. In these careening times, they are precedents worth noting.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

## Views

### Now is the time to slow down immigration



James Bissett

Guest view

It now seems evident we are going to experience a serious economic recession, but so far there has been no suggestion that it is time to cut back on the extraordinarily high immigration intake of the last 10 years.

In the past, when Canada faced an economic downturn the immigration intake was also reduced. This was a sensible policy and beneficial to Canada and to immigrants. There is little sense in bringing immigrants here when they are unable to find jobs and either end up on

our welfare rolls or displace other resident workers. Unfortunately, the policy of regulating immigrant numbers to labour force realities was abandoned in favour of a constant intake of about one-quarter of a million immigrants each year — regardless of labour force conditions.

Consequently, we now have close to 1 million immigrants waiting in the backlog to enter Canada. All of them have met the requirements and, by law, must be admitted. There are a further 60,000 to 70,000 asylum seekers already here waiting to appear before the Immigration and Refugee Board (IRB) and whether they are found to be genuine refugees or not, most will be allowed to remain. Added to this number are

between 150,000 to 200,000 temporary workers in Canada and many of these will not return home when their contracts expire.

Our political leaders did not want to discuss immigration during the election campaign. All the parties are on record of wanting to raise immigration levels. They do this despite growing evidence that immigration is not making any significant contribution to our economic prosperity and does not in any way help us with our so-called aging problem.

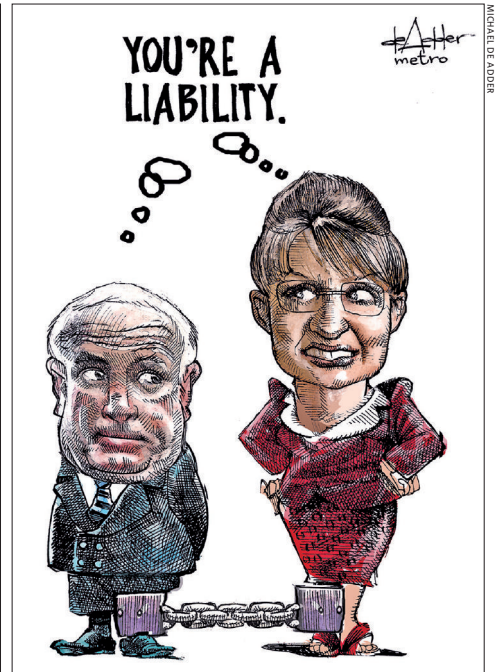
A study published this summer by Prof. Herbert Gruber of Simon Fraser University showed that in the year 2002 alone, the costs in services and benefits received by 2.5 million immigrants who arrived between 1990 and 2002 ex-

ceeded the taxes they paid by \$18.3 billion. This amount is roughly the cost of our Afghanistan campaign.

It is time our political parties stopped using immigrants as pawns in their political games and begin to act in the interests of all Canadians. A first step would be to cut the immigration flow in half and admit only the first in line of those waiting in the backlog and restrict new applicants to the children and spouses of people already here. This is an opportunity for our political parties to work together when Parliament is recalled.

Let's see how they respond.

James Bissett is a former Canadian Ambassador and was the executive director of the Canadian Immigration Service from 1985-1990.



## Letters

Bruno Marquis,  
GATINEAU, QUE.

Little importance was given to poverty issues by the Conservative government before and after the recent elections. It seems like each time we address such issues, Stephen Harper's government is defensive or uncomfortable.

I believe Conservative governments like Harper's, but also organizations like the World Bank and the IMF, tend to minimize the extent of poverty. It is naturally a question of also minimizing the damages resulting from our economic system to prove, in-

stead, its efficiency — even if facts and poverty data prove how this system truly generates poverty and inequalities around the world.

The goal is to convince rich countries' citizens that the measures in place gradually eliminate poverty — at home or elsewhere in the world. With their consciousness well asleep, how easy does it become to exclude the fight against poverty from priorities and to slowly focus on military issues and assistance to large companies.

It's easy as long as citizens like you and me don't speak up.

## METRO Halifax

3260 Barrington Street, Suite 102  
Halifax, NS B3K 0B5  
Tel: 902-444-4444  
Fax: 902-422-5610

Advertising: 902-421-5824

[adinfohalifax@metronews.ca](mailto:adinfohalifax@metronews.ca)

Editorial:

[metrohalifaxinfo@metronews.ca](mailto:metrohalifaxinfo@metronews.ca)

Distribution inquiries:

[halifax\\_distribution@metronews.ca](mailto:halifax_distribution@metronews.ca)

[metro\\_inquiries@metronews.ca](mailto:metro_inquiries@metronews.ca)

[halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)

### Local:

Publisher, Greg Lutes  
Managing Editor, Rachel Boomer  
[rachel.boomer@metronews.ca](mailto:rachel.boomer@metronews.ca)  
Marketing Manager, Christina Edwards  
Sales Manager, Dianne Curran  
Distribution Manager, Irma Moore  
**National:**  
Group Publisher, Bill McDonald  
Editor-in-Chief, Dianne Rinehart  
Art Director, Laila Hakim  
National Sales Director, Susan Courtney  
Interactive Director, Jodi Brown



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**Salmon tracked on marathon swim**

High-tech implanted devices tracked two small salmon about the size of hot dogs on a 2,500-km swim from the Rocky Mountains to Alaska. The tracking exercise was a step towards understanding fish migrations and protecting stocks, scientists at the Pacific Ocean Shelf Tracking Project said. **REUTERS**

7

# World/Business

## Amman **Love at first sight**



Wafa Abdullah, 28, poses with her children Aseel, left, Rowa, centre, and Huthefa, right, at Isra hospital in Amman yesterday. Wafa saw her four children for the first time yesterday after a successful cornea transplant in her left eye. Wafa was born blind, according to Jordan News Agency.

## News in brief

**STUDY** Women with a disability are more likely to suffer abuse by their spouse or partner—37.3 per cent of women with disabilities reported violence abuse, compared to 20.6 per cent without disabilities.

**SYRIA** A raid by U.S. forces inside Syria Sunday is believed to have killed a major smuggler of foreign fighters into Iraq, a U.S. official said, while Syria said U.S. troops landed by helicopter and killed eight civilians.

**RUSSIA** Space tourism to destinations such as Russia's Star City space centre will weather the economic crisis because the rich will still find cash to fly into orbit, said U.S. space tourist Richard Garriott. **REUTERS**

## Hudson's 7-year-old nephew found dead

**Police yesterday found the body of Academy Award-winning actress Jennifer Hudson's 7-year-old nephew, who had been missing since Hudson's mother and brother were slain last week.**

Julian King's body had been left in the back seat of a stolen car found abandoned on a Chicago street.

The discovery ended a search that began Friday after a family member found the body of Hudson's moth-

er, Darnell Donerson, 57, and brother Jason Hudson, 29, both shot dead in the family home.

The vehicle in which the boy's body was found belonged to Jason Hudson and had been missing since the slayings.

"We're following any lead we can get right now," Chicago Police Superintendent Jody Weis told a news conference. He declined to say how the boy died.

Police said at the start of

the investigation Friday that the slayings appeared to be part of a domestic disturbance, but Weis declined to speculate on a motive.

Weis confirmed that William Balfour, 27, had been taken into custody and was being held for a parole violation, and that he remained a "person of interest" in the case.

Balfour had a relationship with Hudson's sister Julia but is not the father of the missing boy. **REUTERS**

## Two skinheads held over plot to kill Obama

**ARRESTS** Two white supremacist skinheads were arrested in Tennessee over plans to go on a killing spree and eventually shoot Democratic presidential candidate Barack Obama, court documents showed yesterday.

Daniel Cowart and Paul Schlesselman were charged in a criminal complaint with making threats

against a presidential candidate, illegal possession of a sawed-off shotgun and conspiracy to rob a gun dealer.

The plot did not appear to be very advanced or sophisticated, the court documents showed.

Obama would be the first black president in U.S. history if he defeats Republican John McCain in the Nov. 4 election. Concerns

about Obama's safety led the Secret Service to provide round-the-clock protection from early in his campaign.

The suspects met over the Internet about a month ago, and planned to kill 88 people and behead 14 African-Americans, said a Bureau of Alcohol, Tobacco, Firearms and Explosives affidavit. **REUTERS**

## Business

### Employers set to cut wage hikes: Group

**Canadian employers looking to cut costs to withstand the global financial crisis are planning to whittle away at wage increases in 2009, the Conference Board of Canada said yesterday.**

Even before the market meltdown in September, companies said they were planning to scale back non-union wage increases to 3.9 per cent next year after raising them about 4.2 per cent in 2008, according to the think tank's survey of 395 employers from June through August.

The market meltdown since then likely means that increases will be closer to 3.4 per cent than the 3.9 per cent projected by the respondents, said a Conference Board official.

Other forecasts in the report, if revised, are also likely to be lower, it said.

The biggest pay hikes will be in the oil and gas industry and other natural resources, and Western Canada will fare better than the manufacturing-heavy regions of Ontario, Quebec and Atlantic provinces. **REUTERS**

## Business in brief

**LAYOFFS** Companies in financial services are laying off employees in efforts to cut costs amid a market downturn and less activity. Last week, RBC Capital Markets laid off 20 equity investment bankers, while AIC let go of 53 employees.

**MARKETS** U.S. banks Comerica, SunTrust and State Street agreed yesterday to sell stakes in their companies to the Treasury Department, while the government considered injecting \$5 billion US into the ailing auto industry. **REUTERS**



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**Tip of the Day:**  
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— Proverb



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## Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

## Stuff stockings with love

## SmartCookies



smartcookies.com

In one short week the Halloween goodies will be packed away and the retailers will be hauling out their holiday best. We've already seen some stores decked out in festive decor. Before the spending madness begins, let's figure out how we can survive the holidays without getting a Visa bill that makes us lose our rum and eggnog upon opening.

## Makin' a List and Checking It Twice

While it's a nice gesture to buy gifts for your entire family, friends and colleagues, if you take note of all the people you plan to buy for and how much that will cost, you will realize that a) it all adds up



People don't think of gadgets and gifts when they think of Christmas — they remember the moments with loved ones.

and b) a nice card or a warm wish goes a long way. This year, the Smart Cookies are drawing names for family members, setting a spending limit and only purchasing for that one person.

## Use Cash

We've said it before and we'll say it again, paying with cash makes you think twice about your purchases and helps cut down on unnecessary spending. If

you can't afford to pay for a gift with cash, then you can't afford to buy it.

## Shop Online and Compare Prices

We love to shop online and compare prices as we go. We realize you will have to use your credit card for these purchases so the next best thing to using cash is to make sure you are paying your bill off in full as soon as it arrives. If you don't pay your bal-

ance off in full, you'll lose the saving benefits of buying online.

## Entertaining

Instead of offering a full bar, try serving a feature drink which will cut back on liquor costs. You can get four times the amount of drinks from a 26 oz bottle of vodka, than you can from a 750 mL bottle of wine. And don't be afraid to ask your guests to bring their favourite dish to your soiree. Guests can bring dessert, appetizers or a side dish.

## The Holidays are a Time to Share

Share clothes, accessories, shoes and handbags. Don't get wrapped up in thinking you need to buy something new for every holiday get together. Also, rent or borrow the tables, chairs and place settings that you will need to host the holiday get together instead of purchasing new items.

## Remember What Matters Most

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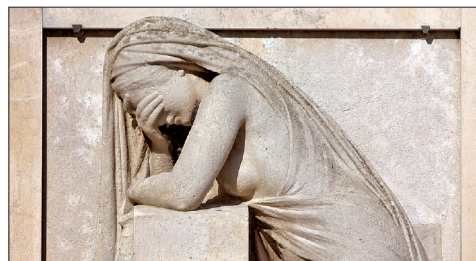
tions or comments you have to [smartcookies@metronews.ca](mailto:smartcookies@metronews.ca).

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit [smartcookies.com](http://smartcookies.com) for more tips.

## Investing

Allan Small

After the U.S. bailout, is there anything to look forward to? Read this week's column at [metronews.ca](http://metronews.ca).



Taxes is the last thing on your mind when someone's died.

## Death and taxes meet too often

**Q** My brother-in-law recently passed away. My wife is not in the frame of mind to deal with tax issues related to his death but I would like to help as much as I can. Can the funeral cost be deducted on his tax return? He repaid part of his Home Buyer's Plan (HBP). Does he pay tax on the balance?

Lawrence

**A** You and your family have my sympathies. There are some things in life that if we can avoid dealing with, we will. Our mortality is one. Taxes is another. The passing of a loved one generally leaves the family hurt, shocked and in disarray. There are so many things to get done. Least of all, taxes.

Unfortunately, taxes are part of death as they are part of our everyday lives. Records should be kept in

## MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

a place that is safe, known to family and easily accessible when needed. Personal expenses such as funeral cost, probate fees and administration cost to estate are not tax deductible. The deceased must report the entire balance owing to a HBP in the year of death. However, an election can be made by the surviving spouse to assume the repayments and defer taxes. Filing a deceased taxpayer's return can be complicated — seek the advice of a tax professional.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca).

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Scott Tutty



Clarence Gayetche



Jim Dolan



Michael Sampson



Pat Allen



Gordie McKay



**Dubin passes away**

Former Ontario chief justice Charles Dubin, who was best known for heading an inquiry into steroid use by athletes, died at the age of 87 Monday.

Known as the Dubin inquiry, the commission was formed after sprinter Ben Johnson lost his gold medal at the 1988 Seoul Olympics for testing positive for steroids. **METRO NEWS SERVICES**

# Sports



## Cote down for six to eight months

Canadian UFC middleweight Patrick Cote, left, whose title shot against Anderson Silva was cut short by injury at UFC 90 in Chicago on Saturday, will undergo knee surgery that is expected to keep him out six to eight months. Cote was forced to quit 39 seconds into the third round when his right knee gave out.

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## Phillies will have to wait another day ... or more



Jimmy Rollins finds an infield dry spot to stand on during Game 5 of the World Series in Philadelphia last night. The game was suspended because of rain in the sixth inning with the Phillies and Rays tied at 2 and the field a sloppy, soggy mess. The game is tentatively scheduled to resume tonight, but weather forecasts in Philadelphia are calling for more of the same. "I can't tell you tonight when we'll resume," MLB commissioner Bud Selig said. "We'll stay here if we have to celebrate Thanksgiving here."

METRO NEWS SERVICES

## Obama confident on the court

He may be diplomatic in political circles, but **Barack Obama** is quite the trash talker on the basketball court.

This, at least, is the word from Knicks point guard **Chris Duhon**, who played recently in a private pickup match with the man pollsters suggest will be voted U.S. president next week.

In an interview to be aired this week on the MSG television network in New York, Duhon said Obama hollered remarks such as "You can't guard me" in their game.

Obama was a shooting guard at Occidental College in Los Angeles. He led his school in scoring in 1979.

So did his team beat Duhon's?

"No way," Duhon said. "He might be a good president, but I'm a better basketball player and I wasn't going to let him win. I don't take it easy on anyone."

• The NBA's regular season begins tomorrow, incidentally, and I haven't found one objective expert who believes the Raptors can go deep into the post-season.

### YorkReport

**Marty York**

marty.york@metronews.ca



Typical of the forecasts on the Raptors is this one from ESPN's **John Hollinger**:

"**Jermaine O'Neal** is a spent force offensively, but his defence will be huge for a team that has lacked backbone in the middle. Plus, he saves **Chris Bosh** some pounding. Alas, a lack of dynamic wings and shaky depth mean the Raps are one-and-done again."

Aw, well. At least listening to the team's games on the airwaves will be easier on the ears this season with shameless homer **Chuck Swirsky** moving to Chicago to serve as a shill for the Bulls.

• Boston Red Sox reliever **Jonathan Papelbon** has put his game-used baseball glove up for bid on eBay and the asking price is — brace yourself — \$4,499.99 U.S. ...

The Bosox have told catcher/captain **Jason Varitek** he can rejoin them next year if he takes a sizeable pay cut. If he refuses, Boston might pursue Blue Jays catcher **Gregg Zaun** ... The Florida Marlins are seeking to unload first baseman **Mike Jacobs** and the Jays have expressed strong interest in serious trade discussions ... Jays lawyer **Gord Kirke** spent the past few days at the World Series in Philadelphia, where he was hanging out with his longtime friend, **Pat Gillick**, and where he presumably spoke to the Phillies' general manager about returning to Toronto to reunite with front-office boss **Paul Beeston** and manager **Cito Gaston** ... Tampa Bay Rays manager **Joe Maddon** enjoyed some ribbing from some of the Phils' merciless fans during the Series but he was infuriated by some moron who squirted mustard at his granddaughter. Maddon might press charges.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

### SCOREBOARD

#### QMJHL

ATLANTIC DIVISION				
	W	L	OT	P
Moncton	14	0	2	30
Cape Breton	12	5	0	24
Saint John	9	7	1	19
Bathurst	7	7	4	18
P.E.I.	7	9	1	15
HALIFAX	5	11	0	10
CENTRAL DIVISION				
	W	L	OT	P
Shawinigan	13	4	0	26
Drummondville	12	3	2	26
Victoriaville	10	9	0	20
Lewiston	6	11	0	12
EAST DIVISION				
	W	L	OT	P
Quebec	12	2	1	25
Rimouski	10	5	0	20
Baie-Comeau	5	8	3	13
Chicoutimi	5	10	2	12
WEST DIVISION				
	W	L	OT	P
Montreal	9	7	0	18
Rouyn-Noranda	8	6	2	18
Gatineau	5	10	2	12
Val-d'Or	1	14	2	4

#### LAST NIGHT'S RESULTS

No games scheduled

#### TONIGHT'S GAME

Acadie-Bathurst at Shawinigan

#### TOMORROW'S GAME

Rimouski at Chicoutimi

#### THURSDAY'S GAMES

Saint John at HALIFAX

P.E.I. at Moncton

Shawinigan at Victoriaville

### CIS FOOTBALL

ATLANTIC CONFERENCE FINAL STANDINGS				
	W	L	T	PTS
y-Saint Mary's	7	1	0	14
x-St. FX	4	4	0	8
x-Mount Allison	2	6	0	4
Acadia	1	7	0	0

#### ATLANTIC PLAYOFFS

BYE: SAINT MARY'S

SEMIFINAL

SATURDAY NOV. 2 GAME

Mount Allison at St. Francis Xavier

## Moose lose MacMillan for 2-4 weeks

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**The Halifax Mooseheads' struggling offence suffered a major, unexpected setback yesterday afternoon.**

Logan MacMillan, the team's top forward, will miss at least two weeks and possibly a month with a knee injury sustained in practice on Saturday. He will likely sit out the ADT Canada-Russia Challenge games in mid-November.

The Anaheim Ducks' first-round pick has four goals and four assists in nine games and was anchoring the top line on the left wing with Tomas Knotek and Travis Randall.

"He collided with another player driving to the net," Mooseheads head coach Cam Russell said. "It's a tough loss. He's Logan MacMillan. The impact is obvious."

"No one player is going to replace Logan, but it opens up an opportunity



Logan MacMillan collided with another player driving to the net.

for some of the other guys sitting out to come in, take advantage and show us what they can do."

The 6-foot-1, 205-pound native of Winsloe, P.E.I., missed 24 games last season with injuries, including a two-month stretch at mid-season with symptoms of fatigue.

The Mooseheads, who are 5-11, have scored just 41 goals in 16 games, tied

for last in the QMJHL.

Linden Bahm (10 points in 16 games) and Charles Bety (seven points in 14 games) are Halifax's top scoring forwards.

No other forward has more than five points.

The Mooseheads also welcomed 19-year-old forward Matt Boland to the ice yesterday for the first time since claiming him off waivers from the Mon-

treau Junior in early September. The 6-foot-3, 218-pound veteran has been sidelined with a shoulder injury and is not expected to be ready to play for Thursday's home game against the Saint John Sea Dogs.

Defenceman R.D. Chisholm, who had appeared in just six games, was waived yesterday to make room for Boland.

## Cheverie going to University Games

**HOCKEY** Saint Mary's Huskies star Kori Cheverie has been named to Canada's women's hockey entry for the FISU World University Games, which will be held in Harbin, China, in February. The fourth-year forward from New Glasgow leads the Huskies in scoring this season with three goals and four assists in four games.

## Naugler drops decision

**BOXING** Halifax resident Jason Naugler lost a unanimous decision to Las Vegas' Jean-Paul Mendy on Saturday night in Columbia, S.C. The Hebbville, Lunenburg Co., native was defeated 118-110 on all three scorecards to fall to 18-9-1 as a pro.

## Ezurike joins U-17 team

**SOCCER** Lower Sackville's Nkem Ezurike is representing Canada at the FIFA women's under-17 soccer World Cup starting today in Auckland, New Zealand.

METRO HALIFAX



A biological cousin of the tomato, the cape gooseberry is high in protein and also contains vitamins C, A and B12. A recent Brazilian study found it's a good source of carotenoids, which may help protect against cancer and heart disease. **ALIVE MAGAZINE**

# Health

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONews.CA

## Club drug offers schizophrenia clue

British researchers said yesterday they might have discovered how schizophrenia affects part of the brain by carrying out tests with 'Special K,' a popular club drug that mimics the symptoms of the mental illness. Their work may lead to the development of new drugs to treat the condition and to a better understanding of how existing treatments work, said Mark Cunningham, a neuroscientist at Newcastle University in Britain, who led the study.

REUTERS

# Attaining the Bond bod

Building lower-body strength is just as important as upper, trainer says

BRIAN COULTON  
for Metro Canada



**Your mission, should you choose to accept it: Bulging biceps, wash-board abs, impenetrable pipes and a chiselled jaw.**

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If Daniel Craig can play James Bond, why can't you? Sure, maybe you can't prod the barhop for a shaken martini as suavely as he can, but a Bond body may be attainable.

Jon Bula, personal trainer and owner of Vancouver's Groundworks Athletics, says you must prepare if you hope to shape a Bond-like physique. "If your end goal is to look like James Bond, you need to set the plan in motion on how you're going to get there," he says. "A James Bond body is not going to come easy. That's hard work, not a gimme."

While building your upper body seems like a key area to turn from average



A toned Bond-type body is about more than just exercise. To gain this physique you also need to focus on food. Doug Cook, a dietician at St. Michael's Hospital in Toronto, recommends a diet high in protein, nutrients and healthy fats.

to Adonis, Bula says he tells his clients that work-

ing their lower body is just as important.

"(My clients) look at me like I'm weird, but when you train your lower body, it improves testosterone and growth hormone release, and it actually helps the rest of your workouts," he says.

Add that to weight training and finding the motivation to work out five days a week, and Bula says men need not invest in a high-priced personal trainer to

find results.

But Bula says attaining a toned figure means more than just shedding body fat. He says you need to focus on food, too. "You can train like a mad man and if you're overeating and drinking too much alcohol, you're still going to be chubby and you're not going to see the benefits of your training."

But how can you be like Bond without drinking his token martini? Doug Cook,

**"If your end goal is to look like James Bond, you need to set the plan in motion on how you're going to get there."**

Jon Bula,  
personal trainer

a dietician at St. Michael's Hospital in Toronto, says the traditional martini — gin or vodka and vermouth — is just fine in moderation. He warns against fancy mixes.

"If you're getting into mixed drinks or some of these pseudo-martinis, you're going to get a lot of higher sugar content mixes versus the more traditional one he drinks."

Other dietary considerations Cook recommends include following a higher protein diet and ensuring you consume appropriate fats, which he says are important to maintaining testosterone levels and aiding in the burning body fat.

And while Cook contends a healthy diet doesn't require supplements, he says nutrients will direct metabolic rates for health and exercise. "A general multivitamin really should be recommended for everybody across the board."

• For more coverage, check out Rick McGinnis trying James Bond's life on for size on page 13.



Skin is the main transporter of germs, not objects such as soap or doorknobs.

## Restroom fact or fiction?

**HYGIENE** Just in time for Halloween, some gruesome facts and stats about what's lurking in public bathrooms:

- 80 per cent of all infectious illnesses, from the common cold to exotic, rare viruses like Ebola, are transmitted by touch — **FACT.**

- In an environment as humid as the bathroom, a single bacterial cell can multiply into one million clones overnight — **FICTION.** It is actually one billion clones.

- Always close the lid of the seat before flushing; the toilet can send small drops of aerosolized fecal matter as far as twenty feet into the air, potentially hitting every surface in the bathroom — **FACT.** Tip: Close the lid before you flush, especially if you like leaving your toothbrush on the sink.

- Objects such as a bar of soap, doorknob or sanitary dispenser are the largest single mechanism for transferring germs — **FICTION.** Skin is the largest single mechanism for transferring germs from person to person. Skin has 100,000 bacteria per gram.

**SOURCE: THE SECRET LIFE OF GERMS BY PHILIP M. TIERNIO, JR.**



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**Book examines digital technology's affect on youth**

The generation gap is widening, and it's not just different musical tastes. Digital technology is rewiring young brains. That's the message of Gary Small, author of *iBrain: Surviving the Technological Alteration of the Modern Mind*, published this month by HarperCollins. **TORSTAR NEWS SERVICE**

# Viewing HIV as a weapon is risky

## The J Spot



**Josey Vogels**

Sex talk with Josey

**D**on't you hate it when a co-worker shows up at work sick as a dog?

"I hab a terribul flu," they sputter as you frantically reach for the bottle of antibacterial gel you permanently keep on your desk now, because it seems more and more people are deciding their need to prove their indispensability trumps your right to a virus-free zone.

I thought of this as I listened to reports on the trial of Johnson Aziga, the 52-year-old Hamilton, Ont., man facing two counts of first-degree murder after allegedly having unprotected sex without telling sexual partners he was HIV positive. Two of his alleged



Is the recent case of a man accused of transmitting HIV to his partners tied into our often-exaggerated fear of AIDs and our moral judgments when it comes to sexuality?

partners died of AIDS.

The only difference between the flu and the HIV virus is that one is airborne and one is sexually transmitted. But I have yet to see a case of someone being charged with attempted murder for spreading the flu virus to someone who then died of the flu (over 6,000 Canadians die

of the flu annually compared to about 300 of AIDS). I understand that HIV, unlike the flu, is incurable, and that a life on antiviral drugs is no picnic. And granted, being airborne, it is harder to track down the flu virus carrier, but there is still something wrong with this picture.

In the case of the flu, we

take precautions. We get vaccinated. We carry buckets of Purell. In the case of HIV, we use condoms.

If your partner tells you they are not HIV positive, it is not enough to simply take their word for it. I'm sorry, but unless I see a piece of paper with test results, my partner's wearing a rubber. If I don't insist on this, I'm responsible for taking that risk, no matter what my partner has told me. Unless it's a case of rape, where the victim has no choice, we must bear some personal responsibility for the consequences of our sexual choices.

As utterly horrific as the allegations against Aziga are, I can't help but think that the legal reaction is more tied into our often-exaggerated fear of AIDS and our moral judgments when it comes to sexuality and the implied promiscuity we assume when it comes to sexually transmitted diseases.

Remember those stories in the early days of AIDS where someone would sleep with a stranger and wake up to find the message, "Welcome to the wonderful world of AIDS!" scrawled on the bathroom mirror in lipstick or delivered in a tiny gift-wrapped coffin?

Marianne H. Whatley, co-author of *Did You Hear About the Girl Who...?: Contemporary Legends, Folklore and Human Sexuality* says that urban myths like this reveal our irrational fears when it comes to sexuality.

Knowingly spreading HIV is no urban myth. But a virus as a murder weapon? That sounds more like science fiction to me.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit [joseyvogels.com](http://joseyvogels.com).

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Actor Victor Garber has vowed to become an American citizen in time for the 2012 presidential election. Garber was born in Ontario, but has spent much of his working life in the United States and is eager to play a part in choosing the country's next leader. **IMDB.COM**

## Birds remake

George Clooney is set to star in a remake of *The Birds*. The actor is the favourite to take the role of lawyer Mitch Brenner, portrayed by Rod Taylor in Alfred Hitchcock's original. **FEMALEFIRST.CO.UK**

# Entertainment

## Jill Barber steps back in time

Former Haligonian reaches into the past on her newest album, *Chances*

**PHILIP CROUCHER**  
phil.croucher@metronews.ca

**Jill Barber feels she has always tried to emulate legendary female singers like Patsy Cline, Etta James and Ella Fitzgerald in her musical career.**

So coming out with a new album consisting of music solely from this era isn't much of a stretch for the Canadian singer-songwriter. It's without question a departure from her folksy roots, but Barber believes she was already hinting at the move in her first two records.

"Those women were real performers and they would just own the song," Barber

said in a recent phone interview.

"Unfortunately, I think there are a lot of bad singers these days. I guess maybe in the world of reality television, people don't feel the music so much as they did way back then. I've definitely aspired to be as good as some of those greats."

In her recently released album *Chances*, Barber delivers 10 original, fully-orchestrated songs that take you back decades on a journey in old-time romance. She uses some of her own experiences in helping to write these classic-feeling songs about love, which is a topic that Barber feels touches everyone and any-



Jill Barber returns to Halifax on Thursday night for a performance at the Rebecca Cohn Auditorium.

one.

"My hope is my fans will follow me on this," said Barber, who co-wrote three of the songs on the album with Canadian singer Ron Sexsmith, including *Old Flame* and the album's title-track.

"I expect not everybody will, and that's just the nature of this business. I know for myself I can't stand still and keep doing the same thing album after album. I want to try new and different things, and I think it's important as an

artist to evolve and grow and change."

Barber is touring across Canada promoting *Chances* and has a show on Thursday at the Rebecca Cohn Auditorium at 8 p.m. Barber is no stranger to Halifax, as she spent six

### If you go

- **WHAT:** Jill Barber
- **WHEN:** Thursday at 8 p.m.
- **WHERE:** Rebecca Cohn Auditorium
- **TICKETS:** \$32. Call 494-3820 or visit [artscentre.dal.ca](http://artscentre.dal.ca)

years living in the Nova Scotia capital before relocating to Vancouver earlier this fall. Barber grew up in Ontario.

"Anybody who knows me knows how much I love that (Rebecca Cohn) theatre," said Barber, a double Juno nominee and multiple East Coast Music Award winner. "To be able to do my own show there, I'm just so thrilled. It's going to be so, so wonderful to play there again."

## Neptune Theatre to introduce Pothitos at AGM

**THEATRE** The Neptune Theatre Foundation is holding its annual general meeting today from noon to 1 p.m. inside the theatre's Fountain Hall where new artistic director George Pothitos will be introduced.

Pothitos was named to

the vacant position last week after serving eight years as artistic director at the Sudbury Theatre Centre. He replaces Ron Ulrich, who accepted a position in Ontario earlier this year.

Pothitos is in Halifax for the first time since

the announcement was made and will take up full residence here next June.

Members of the Neptune Theatre Foundation and the general public are welcome to attend today's meeting.

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**Former Grateful Dead keyboardist Merl Saunders dies**

Keyboardist Merl Saunders, who had a long-term collaboration with Jerry Garcia and the Grateful Dead, has died at the age of 74 from complications after suffering a stroke six years ago, his family said. **REUTERS**

**DVD picks**

**The James Bond Blu-ray Collection, Vols. 1 and 2**

Director: **multiple**  
Rating: **N/A**

**JAMES BOND** FANS are as familiar with the feeling of hands grasping their wallets as 007 is with finding beautiful babes or would-be assassins in his hotel room.

Devoted (obsessed?) Bond aficionados have over the years already purchased the series on VHS and one of the various DVD incarnations.

The switch to Blu-ray might seem inevitable, as indeed it is if you demand only the best. These high-definition discs do offer picture and audio quality noticeably better than what's come before, especially on the vintage Sean Connery titles Dr. No, From Russia With Love and Thunderball. The colours are richer, the blacks are deeper and the sound is so sharp you can hear every gun cock and martini shake.

But if you already splashed out last year for the "ultimate" remastered series on regular DVD, do you need an upgrade now? Maybe not, especially since the cornucopia of extras are the same, only upgraded to hi-def.

MGM is still playing the shell game of packaging the iconic Connery Bonds along with the pretenders to the throne. However, this time you can immediately purchase the titles separately. Vol. 1 has Dr. No, Live and Let Die and Die Another Day. Vol. 2, the better of the two packages, has From Russia With Love, Thunderball and For Your Eyes Only.

**TORSTAR NEWS SERVICE**

Read our reviews of My Winnipeg and Casino Royale (collector's edition) at [metronews.ca/entertainment](http://metronews.ca/entertainment)

**Intellevision**

**Rick McGinnis**  
read it at [metronews.ca](http://metronews.ca)

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# 007 requires stamina

**RICK MCGINNIS**  
for Metro Canada

**Even the villain was impressed. "Whoa," said Le Chiffre, the terrorist banker in Casino Royale, after Daniel Craig's James Bond was strapped naked into a chair before the film's excruciating torture scene. "You've taken good care of your body. Such a waste."**

You knew something had changed when Craig's Bond walked out of the surf in the reboot of the Bond franchise two years ago in a blue and black La Perla swimsuit. Only this time it was Bond, not the Bond girl, who was showing off an incredible physique, and in one stroke men all over the world had one more reason to feel a bit inadequate.

Becoming James Bond — if such a thing were possible — starts with the man himself, a fine physical specimen in all but the later Roger Moore films; a killing machine by trade. My journey to try and be a bit more 007 starts with



Metro writer Rick McGinnis reflects on his poor performance with a Colt .45 at the Silverdale Gun Club outside Beamsville, Ont., while researching a story on becoming James Bond.

## Becoming Bond

my gym, where Trevor, the head trainer, tells me what I'd need to do to even hope to fit into those swim trunks.

"With someone like Daniel (Craig) he didn't just start this the other day," Trevor tells me. "It's a long-term thing to get there."

He tells me that if I come in every other day and work out for a year, I might come close to the Bond physique.

My next step is Rob Ferreira's Krav Maga Toronto, where he lets me sit in on a lesson in the martial art developed by the Israeli army. Judo and karate were once the vogueish Bond martial arts, but it's more realistic to imagine Bond, an ex-special forces soldier, learning

this far less elegant discipline. "It's really basic," Rob tells me. "Primal is a good way to describe it. They want you to address the immediate danger by any means necessary ... Whatever the attack might be, a punch, a grab, a choke, a knife, a stick, a gun — whatever. It trains you to use your instincts."

The next morning I'm almost unable to stand, but I have an appointment at Sil-

verdale Gun Club, outside Beamsville, Ont., where Frank, a serving army officer, offers to show me how to handle a gun Bond-style.

After a lecture on gun safety, Frank pulls out an AR-7, a compact little rifle. After a bit of coaching, I'm able to get a few shots on target, but then he moves me up to the sorts of weapons that Bond might pick up along his way — a 9mm Yugoslav-made Tokarev and a 1911 Colt 45 A1. They're real handguns, and I'm hopeless with them; even shooting while sitting, or standing with both hands firmly wrapped around the grip, I'm barely hitting the bull's-eye, but when I try shooting with one arm, the recoil sends my arm twitching; puddles in front of the target explode and clods of mud kick into the air, splashing mud on the target that remains unmolested by any ordinance. I am off to a poor start on my journey to become James Bond.

• Read Metro's Health feature on attaining the James Bond body on page 10.

## critics' corner

**Rabbit Fall**  
Small-town police work is supposed to be easy, right? Don't tell that to Tara Wheaton (Andrea Menard), constable of the tiny northern town of Rabbit Fall. When she arrived she rejected the locals' claims that the mysterious deaths and other strange events plaguing the town had a supernatural cause. But as the mystery deepens, she's forced to admit that maybe they're right. The new season, starting now, promises even more weirdness; hold on tight. 11 PM on SPACE; 11:30 PM on APTN



**The Tudors**  
In case you didn't think he was serious, Henry (Jonathan Rhys Meyers) lays down the law in this new episode. He decrees that all his subjects must take an oath acknowledging his supremacy and the validity of his marriage to Anne Boleyn (Natalie Dormer). The penalty for refusing or breaking the oath? Off with ... well, you know. 9 PM on CBC

**The Rookie**  
In this new episode, Mark, a Jefferson Parish sheriff's deputy trainee, prepares for his second evaluation, having failed the first. Before they start, though, the sergeant evaluating him takes him on a side trip. Later, a Tampa rookie finds simple tasks like driving a car are now complicated. 11 PM on A&E

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
10/28/08	31	31	31	ABC News (N)	ABC Wild News	Inside Edition	Chronicle	Great Pumpkin, Charlie Brown		Dancing With the Stars		Eli Stone
	7	7	7	ASN	The Road to Avonlea "Evelyn"	Robson Arms	TMZ (N)	Pushing Daisies (N)		Fringe (HDTV PA)		Eli Stone
	11	11	11	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	The Tudors		CBC News: The National		The Hour
	2	2	2	CBC-F	Terre humaine	Pyramid (SC)	Virginie (SC)	Providence (HDTV) (SC)		Roxy (SC)	Filantes	Le Téléjournal
	32	32	32	CBS	News (N)	Evening News	The Insider (N)	Entertainment		The Mentalist (HDTV) (N)		Without Trace
	69	69	69	CFTM	TVA 18 heures	Le Cercle (SC)	Occupation	NCIS "Murder 2.0" (N)		La Promesse (HDTV) (SC)		TVA 22 heures
	6	6	6	CHFF	Entertainment	ET Canada	90210 (HDTV) (N)	House "Joy" (N)		Kitchen Nightmares		News (N)
	9	9	9	CJCH	etalk	Hollywood	Law & Order: SVU	Criminal Minds (N)		Dancing With the Stars		News (N)
	10	10	10	ELTV	(6) EastLink Television			Podium TV		EastLink Television		
	36	36	36	FOX	Deal-No Deal	The Simpsons	TwoHalf Men	House "Joy" (N)		Fringe (HDTV PA)		Fox First
prime time	12	12	12	NBC	News (N)	NBC News	Hollywood	The Biggest Loser: Families (N)				Law/Ord SVU
	29	29	29	NW	World News	Business	CBC News	The Hour		CBC News: The National		Raw Nature (N)
	4	4	4	PBS-B	NewsHour With Jim Lehrer	Greater Boston	One on One	Nova (HDTV) (N) (DVS)		Frontline (N) (DVS)		Mandate: Pres.
	35	35	35	PBS-D	NewsHour With Jim Lehrer	Business Rpt.	WorldFocus	Nova (HDTV) (N) (DVS)		Murder House		Frontline (N)
	68	68	68	TQS	(6:30) Le Retour (SC)	Beauté	Loft Story	Histoires-filles		La Verité choc		110 pour cent
	23	23	23	BBN	Business News	Headline	Market Call	Workopolis TV	Business News	Squeeze Play		Market Call
	18	18	18	CNN	(5) The Situation Room	Lou Dobbs Tonight	Commodities	Campbell Brown: No Bias		Larry King Live		Cooper 360
	54	54	54	GOLF	The Turn	Inside PGA	Quest-Card	Natalie Gubins	Golf Central	Big Break X: Michigan		Big Break X
	52	52	52	RSE	Prime Time Sports	World Sport	Overtime	Air Racing		World Combat League		Sportsnet Con.
	55	55	55	SCOR	Hockey Talk	Game On	Cabby Unlmit	Poker -- Learn		Poker: Canadian Open		Score Tonight
news	45	45	45	SPD	Unique Whips	(HDTV)	Pinks (HDTV)	Pass Time		Life	SuperCars	Super Bikes!
	53	53	53	TSN	Off the Record	SportsCentre	That's Hockey!	NHL Hockey Tampa Bay Lightning at Toronto Maple Leafs		(HDTV) (Live)		NHL Hockey
	43	43	43	FAM	Zoe 101	Life Derek	Wizard-Place	Zack & Cody	Natural-Sadie	Han, Montana	Life Derek	Ned's School
	44	44	44	TOON	Scooby-Doo and the Witch	Shaggy	Ghosts-Scooby	Ghosts-Scooby	Eleen	Total Drama	Futurama	American Dad
	26	26	26	TREE	Max & Ruby	Backyardigans	Ni Hao, Kai-Lan	Night Grdn	Toot & Puddle	Franklin	Little Bear	Maggie-Beast
	27	27	27	YTV	Drake & Josh	iCarly	Malcolm-Mid.	Home Improve.	Franklin Prince	Futurama	Prank Patrol	Comfy Couch
	16	16	16	A&E	Cold Case Files	CSI: Miami (HDTV)	Wings-Canada	The First 48 (HDTV)		The First 48 (HDTV)		The Rookies
	70	70	70	APTN	News	106 & Park: BET's Top 10 Live	Access	Wapos Bay	Rez Rides	Fish Out of	Mixed Blessing	First Nation
	50	50	50	BET	Street Legal	Desperate Housewives	Judging Amy	Live at the Rehearsal Hall		Missing Link		Ult. Manilow!
	97	97	97	CLT	Mysterious Ways "Muli"			Killer Next Door		Home Improve.	Reba	Hope & Faith
sports	25	25	25	CMT	Chevy Cross Canada Countdown	Comedy Now	Air Farce	Just for Laughs		Comer Gas	The Simpsons	S. Silverman
	49	49	49	COM	Laughs	Killer Next Door	The Investigators	Cops Uncut	Dumb Criminal	Killer Forensics	Investigators	Investigators
	153	153	153	COURT	Ultimate Cars	Ultimate Cars	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Destroyed	Mighty Ships
	38	38	38	DISC	Holmes on Homes	Property Virgin	Pure Design	Style	Sarah's House	Design Inc.	Colin-Justin	NCIS
	46	46	46	HIST	Outlaw Bikers	NCIS "Split Decision"	Degrassi: Next	Instant Star	Outlaw Bikers	Ax Men		NCIS
	17	17	17	MM	Pimp My Ride	Technical Diff.	Degrassi: Next	Instant Star	Outlaw Bikers	So You Think You Can Dance Canada		Don't Forget
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	201	201	201	M1	(6:35) The Fountain	Ed's Up	House-Payne	House-Payne	Dream Makers	Dream Makers		Steve Harvey
	48	48	48	PIX	(6:15) Enemy Mine	(8:15) The Final Cut * (1995, Suspense) Sam Elliott	(8:15) The Final Cut * (1995, Suspense) Sam Elliott	Grands reportages (SC)	The Best Years (DVS)	Le Téléjournal (SC)		RDI en direct
	67	67	67	RDI	RDI en direct	RDI en direct	24 Heures en 60 minutes	About a Girl	About a Girl	Rich Bride, Poor Bride		Tori & Dean
family	39	39	39	SHOW	EastEnders	Vivienne Vyle	End of Leash	ET Canada	Star Trek: Next Gener.	Battlestar Galactica		Rabbit Fall (N)
	40	40	40	SLICE	Matchmaker	Til Debt-Part	Lost	CSI: NY "Sweet 16"	My Shocking Story	MANswers	MANswers	MANswers
	47	47	47	SPACE	Stargate SG-1 (DVS)	CSI: NY (HDTV)	The Ellen DeGeneres Show	TMZ (N)	etalk	The Tonight Show-Jay Leno	Paris Hilton	Seinfeld
	14	14	14	SPKE	Unsolved Mysteries (HDTV) (N)	That's Gotta Hurt (HDTV)	Beverly Hills, 90210	Toute une histoire	Pékin express: la route de l'Himalaya	Quantum Leap	Faits divers	Champ. nature
	98	98	98	STAR	Pink: eTalk	Look-A-Like	Murder, She Wrote	Will & Grace	Friends	Style by Jury	Style by Jury	Good Naked
	21	21	21	TLC	Planet Soap	Big Screen	Journal de Fr2	Will & Grace	Friends	Style by Jury	Style by Jury	Good Naked
	34	34	34	TROP	Doc	Style by Jury	Will & Grace	Friends	Family Guy	Style by Jury	Style by Jury	Good Naked
	20	20	20	TVS	Que-champion	Journal de Fr2	Toute une histoire	Pékin express: la route de l'Himalaya	Quantum Leap	Faits divers	Champ. nature	Origin-Halloween
	28	28	28	V	Doc	Style by Jury	Will & Grace	Friends	Family Guy	Style by Jury	Style by Jury	Good Naked
	22	22	22	W	House	Style by Jury	Will & Grace	Friends	Family Guy	Style by Jury	Style by Jury	Good Naked
cable variety	251	251	251	WGN	Be-Millionaire	Evening News	TwoHalf Men	Family Guy	Bulls Eye	NBA Basketball Milwaukee Bucks at Chicago Bulls. (Live)		



## Celebrity Buzz

# Britney may star in biopic

**MOVIES** Britney Spears is set to star in a movie about her life, femalefirst.co.uk reports.

The pop star will reportedly relive some of the most traumatic events in her life — including her breakdown earlier this year, which saw her lose custody of her two sons Sean Preston, 3, and Jayden James, 2 — for the biopic.

"It will be dark and gritty, charting Britney's devastating falls including her traumatic custody battle for her two children. Let's just say it

will not be for the faint-hearted. But it will also show the highs along her incredible life journey," a source says.

Spears is said to be keen to star in the project.

"If anything, it will be cathartic for Britney. She has been through so much and is finally back to her best," the source added to Britain's Daily Mirror newspaper.

METRO NEWS SERVICES



# Amy undergoes tests

**HEALTH** Singer Amy Winehouse was hospitalized Saturday for tests on her chest and lungs, her London spokesman confirmed to People.

The 25-year-old singer, who was hospitalized in June with a severe lung ailment, had a doctor visit her at home Thursday, People.com reports. Then, over the weekend, "they wanted to do some tests as a precaution," her spokesman Chris

Goodman said. "Obviously she had lung and chest problems, which she had treatment for not so long ago, so they're just making sure." She was expected to return home yesterday.

Winehouse's father, Mitch, has previously said that the singer's lungs are "all gunked up" from smoking. METRO NEWS SERVICES



# Pink foresees clarity upon turning 30

**PEOPLE** Pink thinks the world will become "clearer" when she turns 30 next year, femalefirst.co.uk reports.

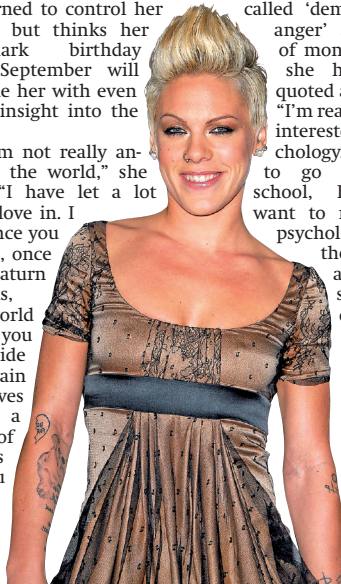
The singer has reportedly learned to control her anger, but thinks her landmark birthday next September will provide her with even more insight into the world.

"I am not really angry at the world," she says. "I have let a lot more love in. I feel once you are 30, once your Saturn returns, the world puts you right-side up again and gives you a pair of glasses so you can see everything clearer."

Pink recently revealed she has been taking psychology classes to learn where anger comes from.

"I took a class called 'demystifying anger' a couple of months ago," she has been quoted as saying. "I'm really, really interested in psychology. If I were to go back to school, I would want to major in psychology, even though I'm a high-school dropout."

METRO NEWS SERVICES



# Biography links Heath to bipolar disorder

**BOOK** Late actor Heath Ledger may have suffered from bipolar disorder, femalefirst.co.uk reports a new book as claiming.

Ledger was found dead in his New York apartment in January from an accidental overdose of prescription drugs.

Now a new biography of the star, entitled *Heath: A Family's Tale*, reveals his uncle Haydn suffers from the condition, and suggests it might have run in the family.

"I don't mind people knowing I have bipolar disorder, and it's a shame that it took this long to be diagnosed," Haydn reportedly told author Janet Fife-Yeomans.

METRO NEWS SERVICES



# Sparkly spoon for Gwen's baby

**PEOPLE** Gwen Stefani's two-month-old son may soon be enjoying his meals with a \$4,000 US diamond-encrusted spoon, femalefirst.co.uk reports.

The singer, who welcomed her second child with husband Gavin Rossdale, Zuma Nesta Rock, in August, was thrilled when her former bandmates presented her with the impressive piece of cutlery.

"Gwen loves it," a source says. "She would never buy it herself, but that is what makes it so special."

The specially made sterling silver baby spoon is from exclusive jewellers Chrome Hearts.

METRO NEWS SERVICES



## celebrity brief

### Lindsay hasn't shunned the lads

**PEOPLE** Lindsay Lohan has denied turning her back on men for good despite embarking on a relationship with DJ Samantha Ronson, according to a pal.

The actress, 22, was romantically linked to Ronson when they were spotted kissing and cuddling at a party in Cannes, France, earlier this year, imdb.com reports. But Lohan's friend and celebrity insider Jo Piazza says she still loves men.

"Linds says Sam is the only girl she would go for," Piazza reportedly says.

A source adds, "(Lohan) has been telling everyone over and over that she's still into guys. She keeps saying that if anything went wrong with Sam, she would date a guy next."

METRO NEWS SERVICES



## celebrity brief

### Katy intends to stay grounded

**PEOPLE** Singer Katy Perry insists she has no intention of letting fame go to her head, femalefirst.co.uk reports.

"You have to be really strong-headed to survive in this industry," she says. "If you are going to get into it, lose your vices because they are not something you should have — especially if you are in the public eye. Eat your vegetables, take your vitamins and be discerning about the people that are around you. Know who is a creep and who is not, who is there for the right reasons and who is not there for the right reasons."

METRO NEWS SERVICES



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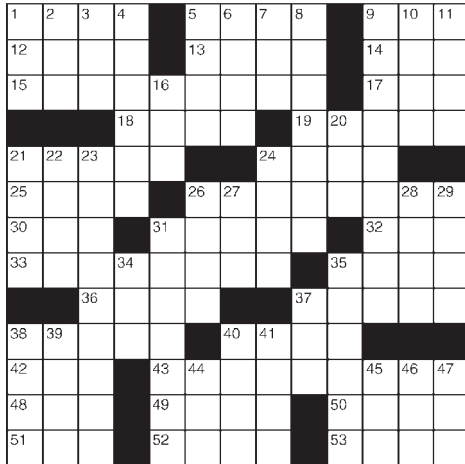
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## Take Five



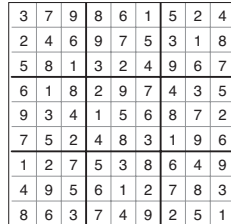
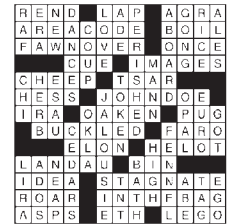
### Crossword across

- 1 Tease  
5 From the beginning  
9 Affliction  
12 Midwestern state  
13 Tardy  
14 Moreover  
15 Ticket booth income  
17 Carpet  
18 Transaction  
19 Poem  
21 Distorted  
24 Verdi opera  
25 Full house, e.g.  
26 Brown-bagger's option  
30 Past  
31 Satan's purchases  
32 As well  
33 Sports-page summary  
35 Jalopy  
36 Predicate word  
37 Borscht ingredients  
38 Tex-Mex recipe  
40 "The Thin Man" dog  
42 Actor Holbrook  
43 Hinge-shelled reptile  
48 Puncturing tool  
49 A Great Lake  
50 Once around the sun  
51 Indivisible  
52 Flavor enhancer  
53 Exile isle

### Crossword down

- 1 Chore  
2 Discoverer's cry  
3 Half-dozen  
4 — cobra  
5 — Romeo  
6 Hammer's target  
7 List-ending abbr.  
8 Cotton plant attackers  
9 Product purchaser, often  
10 Responsibility  
11 Advantage  
16 A mere handful  
20 School's web suffix  
21 Moby Dick's pursuer  
22 Palm starch  
23 Tennessee city  
24 Wheelbase terminus  
26 Nincompoop  
27 "— Town"  
28 Winter garment  
29 Brewery ingredient  
31 Journalists  
34 Choice (Abbr.)  
35 Call for attention  
37 A/C meas.  
38 Secretary of labour under G.W. Bush  
39 Actress Goldie  
40 Botanical angle  
41 Undo a dele  
44 — pro nobis  
45 Aviv lead-in  
46 Retriever type  
47 Geological period

### PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



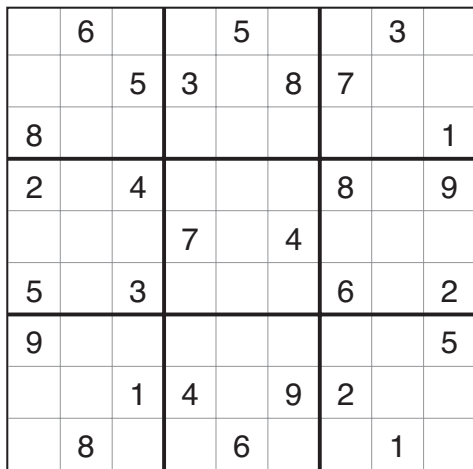
Find today's answers + play more games at metronews.ca

### SUDOKU SOLVE TIME:

- Under 13 min .....Genius  
13-17 min .....Scholar  
17-21 min .....Smart  
21-25 min .....Not bad  
25+ min .....Keep practising

### Sudoku

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



### Recipe of the day



### Spicy Steak with Garlic Toast

#### INGREDIENTS:

- 2 tsp (10 ml) ground cumin  
1 1/2 tsp (7 ml) chili powder  
3/4 tsp (4 ml) oregano  
1/2 tsp black pepper  
2/3 cup (150 ml) spicy tomato-vegetable juice  
4 tbsp (60 ml) freshly squeezed lime juice  
2 cups (500 ml) frozen corn, thawed  
2 green onions, thinly sliced  
1 small red pepper, seeded and diced  
12 oz (370 g) well-trimmed flank steak  
1 loaf Italian bread, halved horizontally, then halved crosswise  
1 clove garlic, peeled and halved

#### METHOD:

1. Stir together cumin, chili powder, oregano and black pepper in a small bowl. Place tomato-vegetable juice and lime juice in a measuring cup. Measure out 2 1/2 tsp (12 ml) of spice mixture and stir into the tomato-lime juice mixture.  
2. Combine corn, green onions, red pepper and 1/2 cup (125 ml) of tomato-lime juice mixture in a medium

- bowl. Stir to combine. Refrigerate until serving time.  
3. Preheat broiler. Rub remaining spice mixture onto both sides of steak. Broil steak 3 inches (8 cm) from heat until medium-rare, about 4 minutes per side. Remove steak but leave the broiler on. Let steak stand for 10 minutes before thinly slicing across the grain, on the diagonal.  
4. Place bread under the broiler, cut side up, until lightly toasted, about 30 seconds. Rub toasted side of bread with cut garlic and with the remaining tomato-lime juice mixture and cook until lightly browned, about 1 minute. Serve steak with corn relish and toast.

#### PER SERVING

- 376 calories, 27 g protein, 9 g total fat, 3 g saturated fat, 46 mg carbohydrate, 5 g fibre, 441 mg sodium

#### SERVES 4



### Horoscopes

**ARIES**  
MARCH 21-APRIL 20  
Find a way to get out of tedious plans. Concoct a temporary solution to a problem. Let a deceptive person walk into a trap.

**LIBRA**  
SEPT 23-OCT 23  
You'll make some good points in a conversation. Don't waste a chance to discuss your work. An apathetic speech gets a senior in trouble.

**TAURUS**  
APRIL 21-MAY 21  
A serious person gets too pushy. Someone fantasizes about excellent money ideas. A thrilling predicament looks scandalous to others.

**SCORPIO**  
OCT 24-NOV 22  
Don't refuse to admit to being at a disadvantage. A mysterious incident leads to pandemonium. Your goals are closer to being realized.

**GEMINI**  
MAY 22-JUNE 21  
A hotshot's approach to a crisis wins allies. Feel the heat of a friend's obsession. An authority figure's indecision gets irritating.

**SAGITTARIUS**  
NOV 23-DEC 21  
A man rationalizes his prolonged hostility. A silly oddball is on the way to success. Don't try to please a demanding co-worker.

**CANCER**  
JUNE 22-JULY 22  
A cruel woman demands hard answers. Pick up the pieces and rebuild broken things. A guilty brute makes tracks for parts unknown.

**CAPRICORN**  
DEC 22-JAN 20  
A youngster remains emotionally detached. Respond to a threat by refusing to be bullied. A confused person asks for direction.

**LEO**  
JULY 23-AUG 23  
A good luck charm will cause surprises. Help out an anxious person and be reliable in a crisis. Someone else's stuff gives you an idea.

**AQUARIUS**  
JAN 21-FEB 18  
A mystical friend gives you the solution to a dilemma. You'll feel an evolution of consciousness. Your best friend has news about a forbidden activity.

**VIRGO**  
AUG 24-SEPT 22  
A handyman makes an error with helpful hints. A flaky friend is dramatic and time-consuming. A secret is tormenting someone's conscience.

**PISCES**  
FEB 19-MARCH 20  
An irritating woman will glare on your nerves. Resolve to make crucial changes. A relationship causes a career to be put on hold.

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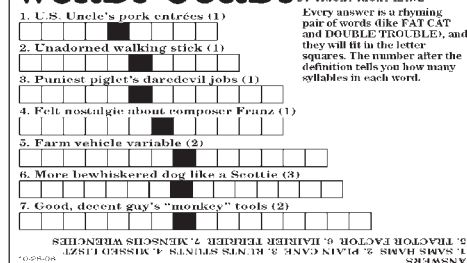
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Do it daily.

SOURCE: NADbank Fall 2007/Spring 2008 Survey, read yesterday;  
BASE: Montreal, Ottawa-Gatineau, Toronto, Edmonton, Calgary, Vancouver; CMA 18+

### WORDY GURDY®



### This day in history

- OCT. 28, 1636: A vote of the Great and General Court of the Massachusetts Bay Colony establishes the first college in what would become the United States, today known as Harvard University.  
OCT. 28, 1886: In New York Harbor, President Grover Cleveland dedicates the Statue of Liberty.  
OCT. 28, 1929: Black Monday, a day in the Wall Street Crash of 1929, which also saw major stock market upheaval.  
OCT. 28, 1948: Swiss chemist Paul Müller is awarded the Nobel Prize in Chemistry for his discovery of the insecticidal properties of DDT.

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